

# Active Living at the CRC

## Functional Fitness with Sharon MacNeil

Starting Tuesday, Jan 13  
10:00-11:00am



## Cardio Class with Sharon MacNeil

Starting Tuesday, Jan 13  
7:00-8:00pm

## Chair Yoga with Elaine Pettipas

Starting Friday, Jan 16  
10:00-11:00am

## Chair Yoga with Carolyn Janega

Starting Monday, Jan 19  
10:00-11:00am

## Tai Chi

Starting Thursday, Jan 8  
11:45am-1:15pm

All classes  
are only \$2  
per drop-in!  
(With the  
exception of  
Tai Chi)

